



# November

## Calendar of Events

**WTRE Health Chat (on air)**  
**9:15 a.m.**

**November 5**

Make plans to listen to a live chat as WTRE personalities Kathy Verseman and Sandy Biddinger chat with DCMH team about Medicare Part D Reviews with Ambulatory Pharmacist, Matt Weber, PharmD.

**Diabetes Education Classes - November**  
**10:00 a.m. - 12:00 p.m.**

**November 6, 13, 20**  
**OB Conference Room**

Diabetes can be controlled and the progression of complications delayed with an appropriate treatment program that includes diet, exercise, monitoring and often medication. DCMH Registered Dietitian and Pharmacist teach the Diabetes classes which are designed to teach the person with diabetes and his/her family more about the disease and how to implement lifestyle changes to avoid complications. Call 812-663-1341 for questions or to enroll.

**Men's Health Tailgate**  
**8:00 a.m. - 10:00 a.m.**

**November 9**  
**Rehabilitation & Medical Offices**

Men 18+ are encouraged to join us for our annual Men's Health Tailgate! Request to register for an appointment to receive FREE health screenings, enter to win amazing door prizes, call 812-663-1146 or visit [dcmh.net/health-tailgate](http://dcmh.net/health-tailgate)

**Medicare Part D Reviews**  
**By Appointment Only**

**November 12, 19, 25**  
**Rehabilitation & Medical Offices**

Medicare Open Enrollment can be a very confusing process, but DCMH makes it easy by offering Medicare Part D education, information, and one-on-one appointments to discuss your options. Appointments are FREE and open to anyone with Medicare or newly eligible (65+). Call 812-663-1217 to schedule an appointment today!

**Public CPR Class**  
**5:30 p.m. - 8:30 p.m.**

**November 18**  
**Conference Room D**

DCMH is offering CPR classes available to the public through the American Heart Association. This is an excellent opportunity for anyone in the community to become CPR/AED certified. PLEASE NOTE: This course is NOT intended for healthcare providers looking to obtain BLS CPR certification. To register, visit [heart.org](http://heart.org). For questions and more information, call 812-663-1177.

**Westport Clinic**  
now open two days a week!



**Accepting New Patients - Call Today**  
**812-222-DOCS (3627)**

**MEN'S HEALTH**  
★ **TAILGATE** ★

**FREE SCREENINGS, BREAKFAST**  
**DOOR PRIZES - AND MORE!**

[dcmh.net/health-tailgate](http://dcmh.net/health-tailgate)

NOVEMBER

**9**

8 A.M. - 10 A.M.



Decatur County  
Memorial Hospital  
The Quality Care You Want. Close By.

**Holiday**  
LANE

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